

Starting Together – Childbirth Preparation & Breastfeeding Basics

Starting Together is a free, 4-week or day-long prenatal class to prepare pregnant women and their partners for labor and delivery. We will discuss what happens during the hospital stay, infant care and breastfeeding.

Classes are recommended for expectant mothers who are 23 to 32 weeks gestation. Classes should ideally be completed by 36 weeks gestation. All mothers planning to deliver are welcome to attend.

Breastfeeding Basics is a one-night class offered to women who want to supplement the Childbirth Preparation class with additional breastfeeding information or who are not taking Starting Together and would like breastfeeding information and/or a tour of the birthing facility.

Please call District One Hospital Birth Center at 507-497-3743 or Owatonna Hospital Birth Center at 507-977-2455 for more information.



Childbirth Preparation series:

District One Hospital

Jan. 9, 16, 23 & 30; 6–8 p.m.
 March 9, 8 a.m.–4 p.m.
 July 27, 8 a.m.–4 p.m.
 Sept. 4, 11, 18 & 25; 6–8 p.m.
 Oct. 30, Nov. 6, 13 & 20; 6–8 p.m.

Owatonna Hospital

Feb. 7, 14, 21, 28, 6–8 p.m.
 April 4, 11, 18 & 25, 6–8 p.m.
 June 1, 8 a.m.–4 p.m.
 Oct. 3, 10, 17 & 24, 6–8 p.m.
 Dec. 7, 8 a.m.–4 p.m.

Breastfeeding Basics and Tour:

District One Hospital

Feb. 6, 6–8:30 p.m.
 April 10, 6–8:30 p.m.
 June 5, 6–8:30 p.m.
 Aug. 14, 6–8:30 p.m.
 Oct. 2, 6–8:30 p.m.
 Dec. 4, 6–8:30 p.m.

Owatonna Hospital

Jan. 10, 6–8:30 p.m.
 March 7, 6–8:30 p.m.
 May 1, 6–8:30 p.m.
 July 11, 6–8:30 p.m.
 Sept. 5, 6–8:30 p.m.
 Nov. 7, 6–8:30 p.m.

To register, call 507-497-3518. This class is free.

District One Hospital
 200 State Ave.
 Faribault, MN 55021

Owatonna Hospital
 2250 NW 26th Street
 Owatonna, MN 55060